

## HOURS:

Monday-Friday  
9:00am-3:00pm

# Vernon Senior Center SENIOR MOMENTS

SEPTEMBER 2017

## September Highlights:

Connecticut  
Science Center  
Trip

AARP Presents:  
“Live longer, Live  
Stronger”

The Big E

Author  
Lucy Ferriss

Green Mountain  
Railroad Fall  
Foliage Trip

Tour of the  
Hillstead Museum

## **September is National Senior Center Month!**

This years theme is “Masters of Aging”.

By offering a variety of programs, the Vernon Senior Center hopes to inspire individuals to “Master” this phase of life.

In recognition of National Senior Center Month, we have some new and exciting activities for our seniors to engage in.

These include the: **Global Soundscape Presentation at the Connecticut Science Center, an AARP Presentation “Live longer, Live Stronger”, “A Celebration Song” performed by musician John Root, and a book discussion by local author Lucy Ferriss.**

*Call to register for these programs today!*

## **Yard Goats Game**

Seniors from the Vernon Senior Center enjoyed an afternoon of fun at the Hartford Yard Goats game. With great seats, a good lunch, and a winning team, the bus full of seniors said they are already looking forward to doing this again next season!

A few of the seniors even got a surprise visit from “Chompers”!



# Up Coming Trips/Events

*The following is a listing of activities and programs for the upcoming months. Check the newspaper, the Town's website and the monthly newsletter for more details as these dates draw near.*



## Out to Lunch Bunch

The “**Out to Lunch Bunch**” will meet on the **first Tuesday** of this month. Each month a new restaurant is chosen. This month the “bunch” is going to **The Steaming Tender** in Palmer, MA on **Wednesday, September 6th at 1:00pm.** *Call now to sign up!*



You will be able to order off the menu and will receive separate checks.

There are pickups available at the Senior Housing complexes: **Franklin Park, Court Towers, Grove Court, Florence Mill, Pitkat Congregate Center, Windermere Court, & Welles Village.** Please call or come to the Center to sign up for this fun day out with your peers.

## Connecticut Science Center—Global Soundscapes with the Science Show Presenters

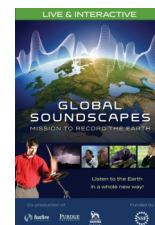
Embark on a mission to investigate the dramatic soundscapes of Costa Rica's rainforests, Hawaii's coral reefs, and Mongolia's vast grasslands. Learn how animals use sounds to survive and communicate in lush, but threatened environments. Also learn a little about your own hearing, and how sound is formed.

**When: Tuesday, September 5, 2017**

**Cost: \$15 per person (includes presentation, time on your own, and coffee/tea)**

**Payment is due the day of sign up.**

**\*\*Pick ups will be available at the Vernon Senior Center and the Senior Housing Complexes\*\***



**\* A minimum of 10 people are needed for this trip to take place\***

## AARP living longer, living stronger:

AARP is offering a workshop designed to help participants tackle their future life decisions when it comes to health, their wishes, homes, communities, and the cost of care as one ages. This 60 minute presentation will take participants on an interactive journey filled with thoughts, conversations, and tools to decide what one wants, how to create a plan, and ways to share the plan with families.

**When: Tuesday, September 12 10:00am**

**This presentation is free.**

*Please call to register.*

## Spring Forward: Don't Fall Back

Belinda Sam, a third year pharmacy student from the University of Connecticut, will be discussing helpful tips about how to prevent falls while also reducing the fear associated with them. In addition to bringing the bingo-style presentation and expertise of many health students, she will also be accompanied by a pharmacist to answer any questions after the presentation. This presentation is fun, interactive, and will engage the audience with many opportunities for participation.

**When: Thursday, September 14, 2017 10:00am**

**This presentation is free.**

*Please call to register.*



## The Celebration of Song

John Root from Massachusetts will be singing a cappella as well as playing the piano, the flute, the clarinet, and the saxophone.

His diverse repertoire features the best-loved songs of the first five decades of the twentieth century.

Everyone is invited to sing along, and requests for favorite selections are welcome.

**When: Friday, September 15th at 2:00pm**

**This event is free.**

*Please call to register.*



## Big E

**The Vernon Senior Center** will be taking a trip to the **Big E** for Rhode Island Day and Salute to Holyoke, MA. The trip will be on **Tuesday, September 19, 2017**, we will be at the fair from 10:00am to 2:00pm.

**Cost: \$12.00/pp (please pay at sign up)**

**\*\*Pickups will be available at the Senior Housing Complexes and Senior Center\*\***



## Planning for Changes Presentation

Susan Chaponis, from A Place for Mom, will be talking about how to navigate all the various senior living options: the different types of communities available, what's included in those communities, the type of medical assistance that's available, approximate costs including how to afford "Senior Assisted Living" and when it is the right time to move.

This presentation will take place on **Wednesday, September 20th at 1:00pm.**

**This presentation is free.**

*Please call to register.*



## Lucy Ferriss

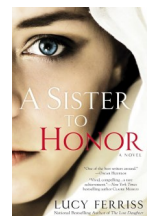
**Lucy Ferriss**, a local author, will be coming to the Center to talk about her new book “A Sister to Honor”, on **Thursday, Sept. 21<sup>st</sup> at 10:00am.**

We recommend that you read the book before the discussion with the author.

Books are available for purchase at the Senior Center.

This activity is open to all Seniors. This activity is free.

*Please call to register.*



## Green Mountain Flyer Railroad—Fall Foliage on the Vermont Rails

### One of the region's best scenic train rides!

View the beautiful fall foliage by train. Roll through rivers, farms, and covered bridges and Experience sights you can't see from the road. ***Relax and enjoy the nostalgia of a fully restored vintage train.*** Prior to enjoying this delightful train ride, a classic New England feast will be served at **The New England House in Brattleboro, Vermont.**

### ***Menu will consist of:***

Salad, Roast Turkey & Ham Dinner Combo, Vegetables, Potatoes, Apple Crisp, & Coffee.

**When: Thursday, September 28, 2017**

**Cost: \$95 per person (Payment due by Friday, September 1st)**

**Depart: 8:45am, Vernon Green Circle Commuter Lot**

**Estimated Return Time: 7:30pm**

*Please call to register.*



## Hill-Stead Museum

Hill-Stead is the first architectural project of Theodate Pope Riddle (1867-1946), fourth registered female

architect in the country. This was designed as a country home for Theodate's parents, Alfred and Ada Pope. At 33,000 square feet it has welcomed over 870,000 visitors since opening to the public.

Hill-Stead is considered “perhaps the finest colonial Revival house and museum in the United States.”

**When: Tuesday, October 10, 2017**

**Cost: \$11.00 per person (tour and brown bag lunch included)**

**Payment is due the day of sign up.**

***\*\*Pick ups will be available at the Vernon Senior Center and the Senior Housing Complexes\*\****



***\* A minimum of 10 people are needed for this trip to take place\****





# Health Programs & Awareness

## Zumba:

Classes are on **Wednesdays** at **1:00pm**. Payment is made to the instructor at the beginning of each class. First class is **FREE!** It is \$5.00 per class or \$40.00 for a ten-class punch card.

**PLEASE NOTE: Zumba classes will restart on Wednesday, September 6**

## Foot Care:

The Senior Center offers Foot Care appointments on the second Thursday of the month. Specially trained Registered Nurses will provide a general assessment and then offer any necessary procedures for better foot health! Please contact the Center at 860-870-3680 to schedule an appointment.

**Cost \$29.**



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**Senior Fitness** is a great way to socialize and stay fit.

The class is on Mondays at 9:30am.

This class will be ongoing, therefore you **don't** need to sign up.

Karen Michaud will collect payment directly. The cost will be \$5 for drop ins or \$40 for a 10 visit punch card.



**Walking Club** meets on **Mondays &**

**Thursdays** at **10:00am** (please note: this is a new time for Thursdays) at **The Sacred Heart Church** to walk the Rails to Trails.

Come and walk with friends, both old & new, and walk at your own pace.

**All** levels of fitness are welcome.

If you are interested in joining, please call Carol Benoit at (860) 454-7449.



## **Balance Classes:**

The Senior Center will now offer **Balance Classes** instructed by Amy Cashman every Monday from **11am-12pm** starting **Monday, October 2.**

The cost will be **\$2 for Residents & \$3 for Non-Residents.**

\*If you have **Straight Medicare**, every 3rd class is **FREE\***

\*\*If you have **Silver Sneakers**, the classes will be **FREE.**

Please provide us with the medical advantage card and policy number\*\*

**Chair Yoga** will begin its 10 week session on

**Monday, September 25 at 1:00pm** and will continue through **Monday, December 4.**

**Residents: \$37**

**Non-Residents: 42**

**Line Dancing** will begin its 10 week session on

**Tuesday, September 12 at 9:30am** and will continue through **Tuesday, November 14.**

**Cost: \$25.00/per person**



# Join In on the Fun!

## Cards and Games

**Bingo:** Mondays 1:00pm

**Bridge:** Fridays 1:00pm

**Canasta:** Wednesdays 1:00pm

**Chess :** Tuesdays 9:30am

**Cribbage:** Wednesdays 9:45am



**Dominos** -Tuesdays 1:00pm &

Thursdays 10:00am

**Mah Jongg:** Mondays 9:30am &

Thursdays 1:00 pm

**New to Dominos:** Tuesday 10:00am

**Pinochle**-Tuesday & Thursdays 12:45pm

**Scrabble:** Tuesdays

1:00pm

**Set Back:** Friday 9:45am

**Wii Bowling:** Fridays

12:45pm



## Crochet &Knitting:

Do you like to crochet or knit? We have a very enjoyable group that meets weekly. Come and join our knitting and crochet group on

**Wednesdays at 10:00 am.**

All seniors are welcome.



## Wii Bowling:

Do you like to bowl, but want to enjoy the company of your friends in a relaxed setting? We have a very active and fun group that meets every Friday.

Come and join our group **Fridays at 12:45 PM.**

## Knitting & Crochet Class with Linda:

Linda will be teaching how to crochet and knit for those who would like to learn. The classes will be on Tuesdays starting on **Tuesday, Sept. 5<sup>th</sup> at 1:00pm** and lasting until **Tuesday, October 24th.**

**The first class is free.**

**The cost for the following classes are \$5 per person.**

*Please call to register.*

## Book Club

The Senior Book Club will be meeting on **Thursday, September 21st at 10:00am.**

September's pick is "**A Sister to Honor**" by Lucy Ferris.



The book club meets on the third Thursday of every month. Each person in the group gets to select a book to read.

**You are responsible for picking up your own copy.**

## Pool Time!

**Drop In Pool**—Men's drop in pool are on **Wednesday & Friday afternoons at 1:00pm**. It doesn't matter if you are an avid player or a little rusty, all players are welcome. Come and join us for an afternoon of fun.



**Feel free to stop in and practice or play a game anytime.**

*All Seniors welcome.*

### Ladies Pool

The ladies play pool on **Tuesday mornings at 10:00am**.

Any senior lady who would like to join the group is welcome!



• *Trips?*

• *Literature?*

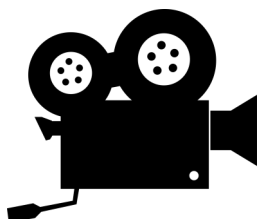
• *Sports?*

• *Games?*

• *Parties?*

• *Speakers?*

***We would love to hear your ideas and suggestions.***



## Movie Matinee



### Movie:

**Wednesday, September 13  
1:00pm**

The feature film is:

**Hidden Figures**

In the race to space between the United States and the Soviet Union during the Cold War, three black female mathematicians play a key role in launching astronaut John Glenn into outer space, making him the first American to orbit Earth.

**Rated: PG (2016)**

**Runs: 2hr 7m**

### Movie:

**Wednesday, September 27  
1:00pm**

The feature film is:

**My Fair Lady: Special Edition**

In this classic version of the Broadway smash, Audrey Hepburn is at her most radiant as Eliza Doolittle (the cockney flower girl transformed into a poised duchess) by Professor Henry Higgins, Rex Harrison. This remastered special edition includes an audio commentary with crew members and Doolittle's singing voice, Marni Nixon. The film won eight Academy Awards including Best Picture.

**Rated: G (1964)**

**Runs: 2hr 52m**

Join us at the Senior Center for a fun day!



### Computer Room

The Computer room, located on the second floor, is open for personal use every **Monday, Wednesday, Thursday, and Friday from 9:00am-3:00pm.**

*All Seniors are welcome to use them.*



### Advisory Committee

The Senior Center Advisory Committee meets on the 4th Tuesday of the month at 9:30am.

***The following are the present members:***

**Carole Slattery, Ed Slattery,  
Pat Iamonaco, Ron Kane,  
Maryann Hopowiec, Sally Geer,  
Wes Shorts, John Mytych,  
Roxann Lannan, Bill Tyler, & Bill Campbell.**



Their role is to bring suggestions to the Director regarding activities, programs and senior issues that the members would like to see happen at the Center or see addressed. The next meeting is **Tuesday, September 26th at 9:30am.**

**PLEASE NOTE:** Seniors may attend these meetings and provide comments during the **Public Forum** section of the meeting.

### Veterans Community Access Point

The **Hartford Veterans Center** has a **Community Access Point** at the **Vernon Senior Center**.

This service is available every Tuesday from 9:30 am to 3:00 pm.

The purpose of the Community Access Point is to offer **free counseling** for all veterans who proudly served our country in combat zones.

If you are or know of a veteran that might need these services please call the **Hartford Vet Center at (860) 563-8800.**



### Senior Center Library

Library books, movies and puzzles are available for seniors. The Library is located on the second floor of the Center in a quiet, cozy corner. We have a wide variety of books on hand for your reading pleasure. Please feel free to come in and check out whatever may be of interest to you. You may take out and return the items at your leisure.

**All items have been donated.**

**We would like to thank all library volunteers for helping reorganize the books and puzzles.**



# Membership Information



## Sign up Times:

We have to advertise our programs and activities well in advance, so our sign up times will not coincide with the publication of the newsletter. Please watch the **Journal Inquirer**.

Once the program is in the Journal Inquirer, on Saturday, the sign up begins the following Monday.

## Signing In At the Senior Center:

It is very important that you remember to **sign in** with **both first & last names** and please **sign in clearly**. The Center uses the sign in sheets to determine activities and programs that we sponsor. By not signing in, we do not have an accurate number of participants. Your cooperation in this matter is greatly appreciated.

## Parking At the Senior Center:

We, at the Senior Center, understand that parking can be difficult as we are offering more activities. Therefore, we ask, if possible, that you car pool.

**Please take the time to update your membership information sheet. You can pick up a membership sheet at the front desk.**

A new form needs to be filled out **only if** there has been a **change** in address, phone numbers, or emergency contact information.

When you have completed the form please return it to the office.

## Age Requirements:

*Trips: 55 and older*

*All other activities: 60 or older.*

## What interests you?

Would you like to try a new craft?  
Is there something you would like to learn how to do?  
Do you have a class you might be interested in?  
Just call the Center and let us know.  
**We are open to suggestions.**

## Newcomers:

Join us for the next **Newcomers** gathering on **Monday, September 25th at 1:30pm.**

Come in and learn about the programs and activities that are available. Our goal is to offer a wide variety of programs and activities that would be of interest to all seniors.

The Center is always open to suggestions and is willing to try new endeavors to meet the needs of our seniors.

Please note it costs **\$2.00**

(Vernon residents only) to join the Center.

**Please call or come in to sign up.**



# Information Page

## Trip Cancellation Policy

If a person cancels a trip for any reason, **NO refunds will be given unless we are able to fill your spot on the trip.** We will call our wait list, if any, and make every effort to fill your spot in order to issue a refund.

## Sign ups For Luncheons, Classes or Trips

When you see a class, luncheon or trip that you are interested in, please don't hesitate to sign up. Luncheons and classes fill quickly and usually have a limit.

Trips need a total count the month before, if there aren't enough signed up we may have to cancel. When you call to sign up we will let you know when payment is due.



## Transportation

### Senior Car:

The Vernon Senior Center offers rides to seniors for out of town medical and dental appointments.

### Requirements:

- \* Vernon resident
- \* 60 & older (Must be ambulatory)

***Call the Center to schedule a ride.***

Rides are available Monday-Friday between 9:00 am & 1:30 pm.

**There are no rides on Wednesdays.**



### Senior Bus:

### Weekly trips on Thursdays.

The bus travels to Stop & Shop, Kmart & Price Chopper. Pickups:

*Grove Court, Sacred Heart, Court Towers, Senior Center, Florence Mill, Windermere Court, Franklin Park, Pitkat Congregate Housing, & Welles Village.*

**\*\*PLEASE NOTE: The week of the 25th, the shopping bus will be held on Wednesday, September 27, 2017.**

### Walmart in East Windsor

First Friday of the Month, **September 1, 2017.**

Need a ride to any activity or program at the Center?

Contact Hockanum Valley Community Council

860 -870-7940

Dial A Ride Services

## **JUST A REMINDER:**

The Senior Center will be **closed on**  
**Monday, September 4, 2017**  
 for Labor Day.

# September Birthday & Anniversaries

## Happy Birthday:

Sep. 6	Frederick Nowsch
Sep. 6	Janet McKercher
Sep. 11	Shirley Yu-Plotkin
Sep. 30	Dolores Bouchard



*The Aster*

## Happy Anniversary:

Sep. 10	Marilyn & Ed Talbot
Sep. 14	Bernie & Karen Futoma



*The Morning Glory*

**September's birth flowers are the Aster & the Morning Glory**

### ***The Aster:***

*Symbolizes powerful love.*

***\*\*Fun Folklore: Due to their positive symbolism, they were burned to ward off serpents\*\****

### ***The Morning Glory:***

*Simple symbols of affection.*

***\*\*Fact: They bloom open in the early morning and generally curl closed late in the day\*\****

**Note: If you would like your birthday/anniversary in the Newsletter, please inform the Senior Center Staff.**

**Thank You.**

**Town of Vernon Senior Center**

26 Park Place  
Vernon, CT 06066

Main Line: 860-870-3680

Fax: 860-870-3588

Email: [mgabriele@vernon-ct.gov](mailto:mgabriele@vernon-ct.gov)

Website: [Vernon-ct.gov/senior-center](http://Vernon-ct.gov/senior-center)



The Vernon Senior Center is committed to assisting Vernon seniors by providing programs that meet their needs and address their concerns.

**Meet our staff:**

Director:  
Maureen Gabriele

Program Coordinator:  
Susan Ward

Administrative Assistant:  
Lorien Velasquez

Facilities Assistant:  
Laurie Goodhue



**Vernon Senior Center  
26 Park Place  
Vernon, CT 06066**

**To:**